

# DANCE AND CREATIVE MOVEMENT GLOSSARY

**Choreography** - the art of composing dances or the movements and patterns of a dance composition

## Elements of Dance

### Energy

**Flow** - bound or free Flow has to do with the continuity of movement. When energy is released freely, we describe the movement as free flow; when the energy is released in a controlled, restrained manner, we describe the movement as bound.

**Tension/relaxation** - Tension feels hard and tight; relaxation feels loose, soft, and floppy

**Weight** - strength (force) or lightness

### Space

**Direction** - forward, backward, sideways, up, down, etc.

**Level** - vertical distance from floor - low, medium, high

**Pathways** - patterns we make as we move through the air and across the floor

**Shape** - the design the body makes in space. Aspects of shape are open/closed, symmetrical/asymmetrical, angular/curved, etc.

**Size** - large and small movements

### Time

**Duration** - the length of time the movement lasts

**Phrases** - longer sequence of movements with a beginning, middle, and end

**Pulse** - the ongoing, underlying beat

**Rhythm** - patterns made by arranging long and short sounds or strong and light sounds

### Speed

## Movements

**Locomotor** - movements that involve moving the body through space

**Gallop** - a combination of a step and a leap, in an uneven rhythm, one foot maintaining the lead

**Hop** - the transfer of weight by a springing action from one foot to the same foot

**Jump** - the transfer of weight from two feet to two feet

**Leap** - the transfer of weight from one foot to the other, pushing off with a spring and landing on the ball of the foot, letting the heel come down, and bending the knee to absorb the shock

**Run** - like a fast walk, except that in a run, the weight is carried forward on the ball of the foot

**Skip** - a hop and a step on the same foot, alternating feet

**Slide** - a combination of a step, close, step, in an uneven rhythm, moving sideways so the same foot is always leading

**Walk** - steps are from one foot to the other, the weight being transferred from heel to toe

### **Non-locomotor**

**Bend** - involves closing up of body joints, usually feeling as if there is a stopping point

**Push and Pull** - similar to bend and stretch, but with a sense of resistance

**Rise and Sink** - allows a change of level between low and high

**Shake** - a floppy wiggle or a tense vibration

**Stretch** - involves opening up of the joints

**Swing and Sway** - swinging is an exhilarating, freeing movement, a fall, giving into gravity, followed by a rebound to a suspension point before the fall begins again; a sway is more controlled, an even shifting of weight

**Twist and Turn** - both involve rotation In a twist, one end is fixed, so there is a limit to how much the other end can move.

**Styles of dance** - There are two basic types of dances - dances for participation, which do not need an audience, and performance dances, intended for an audience.

**Ballet** - highly stylized performance dance

**Folk** - a participatory dance, passed down from generation to generation. Usually group dances

**Jazz** - American social or stage dance using jazz music

**Modern** - a free, creative performance dance, in which one artist is usually both dancer and choreographer

**Popular or social** - recreational dance form. Relatively easy to learn and usually originate from people, not choreographer. Tend to be couple dances and popular for a short time period. In the USA, social dances include ballroom dances, popular Latin America dances (tango, rumba, cha-cha), Charleston, jitterbug, rock and roll, disco, and break dancing (usually performed solo)

**Tap** - style of American performance dance, characterized by percussive footwork and precise rhythmic patterns

**Theatrical dance** - dances performed on stage or in movies